What's happening

November/December 1986
A bimonthly calendar of public events at UC-San Francisco. Please come and enjoy.

UCSF-Laurel Heights Events

All events held at 3333 California St. Auditorium. Call 476-3206. Free parking available (enter from California St.).

Sat., Nov. 15: **CAL Musical Panoramas: Three Generations of American Music.** $8. 8 p.m.

Wed., Nov. 19: **Free Community Health Talk: The Skin & How It Ages.** 7:30 p.m.

Wed., Dec. 10: **Free Community Health Talk: Sports Medicine.** 7:30 p.m.

Laurel Heights Public Info Meeting Tues., Dec. 2

A public information meeting on the status of plans for transporting hazardous materials to and from UCSF-Laurel Heights campus. Chancellor's Conference Room, UCSF-Laurel Heights. 7 p.m. (See front page for details.)

Brown Bag Tours/ Lecture Series

All lectures are free and held on Wednesdays at noon in Room 300 Health Sciences West (enter through 513 Parnassus). Tapes of all talks are available for listening in the UCSF Library, SIMA Unit, Room 345 Health Sciences East. For further information call 476-4394.

Nov. 12: **There's Never a Good Time.** Tools & techniques for decision making about life experiences.

Nov. 19: **Music Late-bloomers & Non-prodigies: A Plentiful but Endangered Species.** There is hope for those who are tone deaf & all thumbs.

Nov. 26: **The Odds Are: You Lose!** An appraisal of casino games, the lottery & sports wagering.

Dec. 3: **Turning Stress Into Success.** How to maximize performance under pressure.

Dec. 10: **Hearing Between the Lines.** What people learn about you when you speak.

Dec. 17: **Surviving Holiday Emergencies.** In the first five minutes, an intelligent bystander can be the world's best physician when coping with emergencies.

Campus Tours

All tours are free and take place at 1 p.m. on Tuesdays, November 11, 18, 25 and December 2, 9, 16. Meet in the lobby of Medical Sciences Building, 513 Parnassus. For further information call 476-4394.

Art Exhibits

Hospitals Auxiliary Exhibit: On display for the month of November in the lobby of Moffitt/Long Hospitals, 505 Parnassus, will be linoleum etchings, scarves, silk screens & acrylics. On display for the month of December are etchings, oils, prints & watercolors. A portion of all proceeds benefits patients at the Medical Center at UCSF. To purchase or reserve work, visit the Auxiliary Office, Rm. 181, Moffitt Hospital, 505 Parnassus, 9 a.m.-4 p.m. or call 476-4906.

Faculty/Alumni House Exhibits: Theatrical images—Past and Present. An exhibit of visual materials from the performing arts is on display through Nov. 26. For the months of December through February there will be batik tapestries by Jillian Tyrrell. A reception for the artist will be held Wed., Dec. 3, 4:30-7:00 p.m. Faculty/Alumni House, 745 Parnassus. Call 476-4723.

Overeaters Anonymous Meetings

Held every Monday from noon-1 p.m. in Rm. 417, School of Nursing Bldg. (enter through 521 Parnassus). Call Dolores Phillips at 929-8651.

Self Defense Workshops

Sponsored by UCSF Police Personal Safety Program. Pre-registration is required. Call 476-5683.

Sat., Nov. 15: **Women's Self-Defense Workshop.** Practical information & learning skills on physical & psychological techniques of self defense.

Special Events

Mon., Nov. 10: **Careers in Nursing.** A program for those interested in a career in nursing. Cole Hall (enter through 513 Parnassus). 4-7 p.m. Call 476-6225.

Wed., Nov. 12: **Free Community Health Talk: Sports Medicine.** Toland Hall, 533 Parnassus. 7:30-9 p.m. Free parking available. Call 476-3206.

Thurs., Nov. 13: **Friends of the Marilyn Reed Lucia Childcare Study Center Annual Meeting.** Assembly Speaker Willie Brown, Jr. will speak. Toland Hall, 533 Parnassus. 5 p.m.

Tues., Nov. 18: **Twilight Concert: Randall Wong & the Lydian Ensemble.** Baroque & renaissance music. Faculty/Alumni House, 745 Parnassus. Reception 5 p.m. Concert 5:45-7 p.m. $5. Call 476-2542.

Thurs., Nov. 20: **Richard Feinberg Memorial Lecture: The Protein Traffic Across Intra-Cellular Membranes.** Guenter Blobel, professor, cell biology, Rockefeller University. Cole Hall, 513 Parnassus. 4 p.m. Sponsored by Department of Biochemistry Graduate Students.

Fri., Nov. 21: **Eleventh Annual Herbert M. Evans Memorial Lecture: The Regulation of Cell Adhesion Molecules in Morphogenesis.** Nobel laureate Gerald M. Edelman, professor, developmental & molecular biology, Rockefeller University. Cole Hall, 513 Parnassus. 2 p.m.

Tues., Dec. 2: **Karl F. Meyer Lectures: The Molecular Biology of Influenza: Structure.** Don C. Wiley, professor, biochemistry & molecular biology, Harvard. **Replication.** Robert M. Krug, head, Laboratory of Viral & Gene Expression, Memorial Sloan-Kettering Cancer Center. Rm. 301, Health Sciences West (enter through 513 Parnassus). 3:30-5 p.m.

Wed., Dec. 3: **Day of Celebration in Honor of Margretta Styles,** dean, School of Nursing, who is stepping down Jan. 1, 1987. Speakers on international health include T.A. Lambo, deputy director, World Health Organization; Constance Holleran, executive director, International Council of Nurses; and Helen Grace, W.K. Kellogg Foundation, followed by a forum, receptions and a dinner. Call 476-1805.

Weds., Dec. 3: **Free Community Health Talk: Allergies.** Toland Hall, 533 Parnassus. 7:30-9 p.m. Free parking available. Call 476-3206.

Tues., Dec. 9, 16: **Benefit Performances of "CATS"** for the W. Byron Rumford, Sr. Scholarship Fund. Cosponsored by UCSF School of Pharmacy & Pharmacists Planning Service, Inc. Tickets $75 orchestra & loge, $65 mezzanine, $35 balcony. Call Heidi Mayer, 332-4066.

Community Health Education Programs

Lectures are free and geared to senior citizens. Call 476-3206 for further information.

Thurs., Nov. 20: **Skin Care & Dermatitis.** Seventh Ave. Presbyterian Church Senior Center, 1329-7th Ave.

Nursing Services Courses

For further information call 476-2993.

Tues., Nov. 11: **Basic Arrhythmia I.** Rm. 980, Moffitt Hospital, 505 Parnassus.

Thurs., Nov. 13, 20, Dec. 4, 11: **Stress Reduction for Secretaries.** Rm. 729, School of Nursing Bldg. (enter through 521 Parnassus).

Mon., Nov. 17: **CPR Instructor II.** Rm. 229A, School of Nursing Bldg. (enter through 521 Parnassus).

Tues., Nov. 18: **Basic Arrythmia II.** Rm. 980, Moffitt Hospital, 505 Parnassus.

Mon., Nov. 24: **Nursing Diagnosis II.** Auditorium, Langley Porter Psychiatric Institute, 401 Parnassus.

Mon., Dec. 1: **Care of the Confused Patient.** Rm. 209, Clinical Sciences Bldg., 521 Parnassus.

Mon., Dec. 8: **Diabetic Update I.** Rm. 729, School of Nursing Bldg. (enter through 521 Parnassus).

Mon., Dec. 8: **Current Concepts in Skin & Wound Care.** Auditorium, Langley Porter Psychiatric Institute, 401 Parnassus.

Tues., Dec. 9: **Diabetic Update II.** Rm. 729, School of Nursing Bldg. (enter through 521 Parnassus).

Mobile Mammography Screening Program

Women now can have low-cost mammograms—x-rays to screen for breast cancer—from a mobile van that travels to convenient shopping or downtown locations in San Francisco and remains for a week at a time.

Women need the approval of their physicians to have the mammogram. The procedure takes approximately 20 minutes and costs only $40. To make an appointment call 990-0459 or 476-2193 between 9 a.m. and 3:30 p.m.

The van will be at the following locations during November and December:

- Nov. 10-14: Westlake, Park Plaza Dr., adjacent to Safeway.
- Nov. 17-21: Taraval Safeway, on Taraval between 17th & 18th Ave.
- Nov. 24-26: Civic Center, McAllister St., between Larkin & Polk. (27th & 28th are holidays.)
- Dec. 1-5: Diamond Heights Blvd., near Safeway.
- Dec. 8-12: Financial District, Geary St. between Kearny & Grant.
- Dec. 15-19: Daly City, 445 Hickey Blvd., 1st Nationwide Bank parking lot.
- Dec. 22-24: Sunset District, Irving St., between 25th & 26th Ave.
- Dec. 25-Jan. 4: Closed for the holidays.

Women's Resource Center Events

All events are held from noon-1 p.m. in Rm. 303 Health Sciences West (enter through 513 Parnassus). Call 476-5836.

Thurs., Nov. 13: **How Does Advertising Promote Male Stereotypes?** UCSF Rape Prevention Education Program slide show & discussion. Dana Francis, Men Against Violence & Leslie Simon, coordinator of Rape Prevention Education Program.

Tues., Nov. 18: **Turning Around.** A film by Alice Longworth, SFGH Family Practice physician, about sex roles in medicine. Followed by question & answer period.

Cole Hall Cinema

All films are shown in Cole Hall, Medical Sciences Building, 513 Parnassus. Children under 14 $2, UCSF students, seniors & Millberry Union members $2.50, general $3. Call 476-2571.

Thurs., Nov. 13: **Runaway Train.** 5:45 p.m.

Fri., Nov. 14: **Runaway Train.** 6:30 & 8:45 p.m.

Thurs., Nov. 20: **Hannah & Her Sisters.** 5:45 p.m.

Fri., Nov. 21: **Hannah & Her Sisters.** 6:30 & 8:45 p.m.

Thurs., Dec. 4: **One Magic Christmas.** 5:45 p.m.

Fri., Dec. 5: **One Magic Christmas.** 6:30 & 8:45 p.m.

Folk Dancing

Learn folk dancing from various parts of the world. No partner needed and everyone is welcome to attend. Held every Tuesday in the Millberry Union Gym, 500 Parnassus. 1:15-2:30 p.m. $2.

CAL Film & Reading Group Meetings

Held once a month to discuss selected books and films. Board of Governors Room, Millberry Union, 500 Parnassus. Call 476-2542.

Thurs., Nov. 13 & Dec. 11: **CAL Film Group Meeting.** 5:45 p.m.

Tues., Nov. 25 & Dec. 30: **CAL Reading Group Meeting.** 6:15 p.m.

Paths of Healing & Wholeness Seminars

All talks are free and held on Fridays in Rm. 517, School of Nursing Bldg. (enter through 521 Parnassus) at noon. Call 476-3138.

Nov. 14: **Learning to be Free.**

Nov. 21: **Creating a New Methodology for Life in the Future.**

Dec. 5: **Change Your Mind About Your Body.**

Dec. 12: **A Question of Attitude.**

Dec. 19: **Breath, Movement & Creative Self-Expression.**

Outdoors Unlimited

Located on Parnassus Ave., street level in the University Hospital Bldg. between 3rd and 4th Ave., Outdoors Unlimited offers outdoor adventures for the neighborhood and campus community. Sign up for activities from 11:30 a.m. to 1:30 p.m. or 5 to 7 p.m., Monday & Friday; 11:30 a.m. to 1:30 p.m. or 4 to 6 p.m. Tuesday to Thursday. Two-week advance registration is required for most events. For further information and a free brochure listing all events call 476-2078.

Tues., Nov. 11: **CPR Class.** Rm. N 229 (enter through 521 Parnassus). 6:30-11:30 p.m.

Thurs., Nov. 13, 20: **Sea Kayak Pool Session.** Richmond Plunge. 8-10 p.m.

Thurs., Nov. 13, 20: **Ski Waxing Work Party.** Outdoors Unlimited Center, 533 Parnassus, Rm. B 15. 6-9 p.m.

Fri.-Sun., Nov. 14-16: **Apple Harvest in Mendocino.**

Sat., Nov. 15: **Mountain Bicycling on Bolinas Ridge.**

Sat.-Sun., Nov. 22-23: **Adventure First Aid Workshop.** Jughandle State Reserve, Mendocino.

Fri.-Sun., Nov. 28-30: **Volunteer Ski Workshop & Party.** So. Lake Tahoe.

Mon.-Sun., Dec. 1-7: **Introduction to Cross-Country Skiing.**

Wed., Dec. 3: **Leadership Workshop.** 4848-17th St. 7 p.m.

Tue.-Sun., Dec. 9-14: **Mushroom Identification Class.**

Sat.-Sun., Dec. 20-21: **Birdwatching & Camping.** Grey Lodge Refuge.

Wed.-Sun., Dec. 24-28: **Christmas Cross-Country Ski Trip.** So. Lake Tahoe.

Wed.-Sun., Dec. 31-Jan. 4: **New Year's Cross-Country Ski Trip.** So. Lake Tahoe.

PRO: Recreation & Fitness Program

Over 100 classes offered quarterly in areas of exercise, stress management, massage & relaxation skills, dance, sailing, self improvement & education. For further information and a free brochure listing winter quarter classes including circuit weight training, Christmas shopping spree and more, call 476-1800. Registration still is open for remaining sessions of fall quarter classes at Millberry Union Pool Desk, 500 Parnassus, from 8 a.m. to 9 p.m. Winter quarter registration begins Jan. 8.

New Volunteer Orientation

To acquaint new & prospective volunteers with opportunities available in the Medical Center at UCSF. Call 476-1196.

Thurs., Nov. 20: Rm. 209, Clinical Sciences Building, 521 Parnassus. 6-8:30 p.m.

Massage Service

Come visit Millberry Union's new Massage Studio. Massages available Mon. & Tues. 3-8 p.m., Wed. 8 a.m.-8 p.m., Thurs. & Fri. 12-8 p.m. & Sat. 10 a.m.-3 p.m. UCSF students, Millberry Union members & seniors $11 half hour, $19 hour; general $15 half hour, $21 hour. Gift certificates available. Call 476-1115 or visit the Millberry Union pool desk, 500 Parnassus.

To Our Neighbors is produced by the UCSF News and Public Information Services Department. For further information call 476-1541.

UCSF
University of California, San Francisco
...A Health Sciences Campus

To our neighbors

November/December 1986

A summary of recent news stories from the University of California, San Francisco . . . A Health Sciences Campus.

Volume 11, Number 6

Better Diagnosis for Prostate Cancer

A relatively new procedure for diagnosing prostate cancer is proving much more reliable than the conventional procedure, and no more painful than a blood test, according to UCSF pathologist Britt-Marie Ljung, MD.

The procedure is called fine-needle aspiration, and though developed more than 30 years ago in Sweden, it still is making its way into medical practice in the US. According to Ljung, who specializes in the procedure, it is well accepted as a means of taking tissue samples (biopsies) to diagnose thyroid, breast and other cancers, but fine-needle aspiration biopsies for prostate cancer are only slowly being accepted.

"The main problem," Ljung said, "is that physicians need time to develop skill with fine-needle biopsies in order to obtain the best results."

Prostate cancer is the third most common cancer in men in the US, striking about eight percent of all men over 50. The American Cancer Society estimates there will be 90,000 new cases in 1986 alone. It is difficult to detect, typically causing symptoms only when the swollen tumor presses on the urethra, which carries urine from the bladder, or when bone pain indicates the cancer has spread to the skeleton.

Large Minority Enrollment Increase in Med School

The number of underrepresented minorities who entered the UCSF School of Medicine this fall is more than double those entering last year and three times higher than the national average, announced Dean Rudi Schmid, MD.

Thirty-nine underrepresented minorities—15 blacks, 18 Mexican-Americans, 2 Puerto Ricans and 4 American Indians—are among the 141 first-year medical students. They make up 27 percent of the entering medical school class. The nationwide percentage of minorities who started medical school this fall is around nine percent.

The number of blacks starting medical school at UCSF this year is the highest since 1972, and the 18 Mexican-Americans are the most ever in an entering UCSF medical school class.

Want to Kick the Habit, but Afraid of Those Extra Pounds?

The UCSF Habit Abatement Clinic offers a free one-year program in which you will be asked to quit smoking as well as monitor your food intake and activity level at several points during the year.

"Weight gain after quitting smoking is a well-documented phenomenon," said Sharon Hall, PhD, director of the clinic. Usually people gain weight early in their stop-smoking efforts, and some give up their attempts to quit because of weight gain, said Hall.

Anyone between the ages of 21 and 60 who is not pregnant, does not have heart or lung disease, diabetes or high blood pressure, and is not on a special diet is eligible for the study. A $75 deposit is required. It is returned based on attendance at treatment sessions. The clinic offers day and evening sessions. For further information call 476-7453.

New Osteoporosis Sessions

The UCSF Center for Osteoporosis and Related Disorders is expanding its program to educate members of the community about osteoporosis, a loss of bone strength that afflicts some 15-20 million Americans. Free group sessions soon will be scheduled, offering the public a chance to learn about prevention and treatment. The center, which is directed by Steven Harris, MD, also offers medical evaluations. For further information call 476-2746.

Wild Mushroom Warning

The SF Bay Area Regional Poison Control Center at SFGH reminds everyone that this is the season for wild mushrooms, some of which can kill you. Best advice: Don't pick any! If you or your child ingest some, call the Center at 476-6600, then be prepared to induce vomiting by taking Syrup of Ipecac. But, call the Center first.

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News and Public Information Services
532 Parnassus Avenue, San Francisco, CA 94143-0250

Rush—Time Dated
November—December, 1986

To our neighbors

UCSF-Laurel Heights Gets Thumbs Up

The Superior Court gave the go-ahead on September 25 for the move of the administrative and academic science programs of the School of Pharmacy to the UCSF-Laurel Heights campus by lifting a temporary stay which had stopped the University from proceeding with renovations to the building.

A lawsuit attempting to block the move had been filed by the Laurel Heights Improvement Association, asking for a new Environmental Impact Report which would more specifically detail any potential effects of toxic and radioactive materials, for further public hearings, and for reconsideration of the Environmental Impact Report by the UC Board of Regents.

The Court ruled that the EIR which the Regents had approved was adequate and complied with relevant environmental laws. In response to questions regarding traffic routing, the Court accepted a proposal from the University that it would notify the public when it adopts routes for transport of hazardous materials.

The campus has decided to complete an EIR limited to routes for the transport of hazardous materials to and from the UCSF-Laurel Heights campus. As part of the EIR process, the campus has scheduled a public information meeting on Tuesday, December 2, at 7 p.m. in the Chancellor's Conference Room at UCSF-Laurel Heights. A status report will be presented on the analysis and review of how such hazardous materials used in research would get to the Laurel Heights facility and how they would be transported away. There will be opportunities for public discussion and input. A formal EIR public hearing on the subject will be held on Wednesday, January 7. For further information, call 476-2911.

"We are pleased with the Court's decision on this matter," said Chancellor Kreyans. "Our Parnassus campus has been doing research for years and has presented no danger to the surrounding community. We will certainly do the same at Laurel Heights, and we intend to be an asset to our Laurel Heights neighborhood.

"We now will proceed with the renovation projects, one of which was delayed due to the lawsuit. Several small campus administrative and clinical programs already have moved to Laurel Heights, and the School of Pharmacy will move there by the end of 1988."

Two public information meetings were held in October, at which School of Pharmacy representatives discussed the types of research the School will be relocating to the new site. Ray Brown, director of the campus Environmental Health and Safety Office, outlined the role of that office.

Parking at Laurel Heights

Need a cheap place to park on week nights or weekends? Why not try the UCSF-Laurel Heights lot? Enter at 3333 California Street. The public area is to the left. Neighbors can park any week night for only 50¢ a night or on the weekend for 50¢ all day.

Two Major Advances in Kidney Transplants

• A new program at the Medical Center at UCSF now makes it possible for children less than one year old—even as young as one month—to undergo life-saving kidney transplant surgery.

An expansion of the UCSF Kidney Transplant Service which treats adults and older children, the new program is the only one on the West Coast and one of only a few in the country treating children weighing less than 20 pounds.

"We hope to treat 20 infants a year who are born with defective kidney function and whose only chance for growth and life is a successful kidney transplant," said Oscar Salvatierra, Jr., MD, chief of the UCSF Transplant Service and codirector of the new program with Donald Potter, MD, head of the UCSF Children's Renal Center.

According to the codirectors, the new program is a natural outgrowth of the UCSF pediatric kidney transplant service, which has performed more than 250 transplant surgeries, with progressive success in treating smaller and younger children, since its inception in 1966. UCSF's overall Kidney Transplant Service, established in 1964, has performed more than 2,700 transplant procedures and is the largest program of its kind in the world.

• After a year of constant pain which caused him to become totally drug-dependent, 38-year-old Rich Hughson of Napa recently left the Medical Center at UCSF "clearly a new man."

In a unique surgical procedure which is the first of its kind, Hughson's kidneys were removed and then replanted at a lower site next to the bladder. The procedure was developed by Salvatierra, specifically for Hughson, who suffers from severe inflammation of the intestine—known as Crohn's Disease—and chronic kidney stones.

Hughson now is pain-free and hopes to eventually return to work, which has been impossible for the past eight years.

Shaking a Baby is not Parental Discipline, It's Child Abuse

A report by ophthalmologists on the fatal shaking of a 13-month-old girl points up the danger of shaking babies younger than two, and reinforces the critical role eye doctors can play in spotting child abuse in the absence of obvious physical symptoms.

The discussion of the case appeared in the October issue of *Archives of Ophthalmology* by UCSF ophthalmologists Scott R. Lambert, MD, and Craig S. Hoyt, MD, who also is professor of pediatrics, and PMG's ocular pathologist Thomas E. Johnson, MD.

"Many parents shake their children, and in older kids this isn't dangerous," Hoyt said. "But if you take a baby—a rag doll of a kid—and shake him, especially if you lift him off the ground, you could kill him."

"You shouldn't shake a baby, ever!" Hoyt warned.

The physicians' report described a 13-month-old girl who was brought to UCSF after appearing unresponsive following a nap. The child was suffering small seizures and had obvious neurologic problems, although there was no evidence of abuse, and the parents and babysitter denied having shaken the child.

Only an eye exam revealed any evidence of trauma—massive hemorrhaging in and behind the retina. A subsequent CT scan revealed severe brain hemorrhaging and swelling. Despite the physicians' efforts the child died the next day.

The combination of neurologic problems and bleeding in and behind the retina, as well as possible bleeding into the liquid that fills the eye, is characteristic of shaken baby syndrome, the physicians said.

Marriage to a Smoker May Be Hazardous to Your Heart

A new UCSF study has shown that nonsmoking women married to smokers are three times more likely to suffer heart attacks than are nonsmoking women married to nonsmokers.

The report emphasized that nonsmokers, especially those with a history of coronary artery disease, should be aware of the dangers posed by secondhand smoke. "Just because a person doesn't smoke, doesn't mean they can't have a heart attack from other people's smoke," said Michael J. Martin, MD, clinical epidemiologist at SFGH.

"Nonsmokers need to protect themselves from secondhand smoke, even when a husband or wife is producing it," Martin said.

The UCSF study, which was in collaboration with researchers from the University of Utah, looked at the rate of heart attacks in women married to smokers. Compared to women married to men who never smoked, those married to current smokers had three times as many heart attacks. Wives of men who had quit smoking at least a year before the study had about twice the risk of a heart attack.

(More news items on back page)